

500 NW Larry Street - ☎ **509-338-3290**



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Program Pass Rates

☐ **Quantity**

Total☐

☐ **Per Class**

Drop-In

\$4.50

\$4.50

5 class

\$18.00

\$3.60

10 class

\$33.00

\$3.30

15 class

\$45.00

\$3.00

20 class

\$60.00

□ \$ 3.00

25 class

\$67.50

\$2.70

30 class

\$82.50

\$2.70

40 class

\$96.00

\$2.40

50 class

\$120.00

\$2.40

▣ *Card holders from other clubs drop-in for \$2.40/class*

Water Exercise Programs

Let our WEX instructors lead you through a challenging workout. Each instructor has knowledge in Anatomy, Physiology, Kinesiology, and Exercise Design. We pride ourselves in exceeding national standards. Each instructor's unique style offers a program for everyone. While swimming is not required, a comfort level in shallow and deep water is recommended. Water shoes and webbed gloves are encouraged. Come check out this great fitness alternative. Most of our classes feature HYDRO-FIT equipment. Due to pool acoustics music may not be used in all classes. New participants are encouraged to attend one fitness class on a trial basis if the program session is not full (participant must sign a release before participating in class). Come try us out-you'll like what we have to offer. Admission to some of the below listed water fitness programs is with the pass system (see chart). Passes are good for six months from the day of purchase. Daily visits can be purchased at the information desk. All classes are ongoing and may be joined at any time. Participants receive a 20% discount on all PAFC programs when they possess an annual membership.

Fitness Room Programs

Looking for a way to add a new dimension to your workouts? Pullman Aquatic & Fitness Center offers a full menu of fitness training services. Personalized training is available in our fitness room, using our equipment. Or, if you prefer, our trainer can write a program for you to use in the comfort of your own home. We can help you meet your needs and goals. All training sessions are focused on your goals and our trainer will work with your schedule. Annual members receive a 20% discount on training services.

Our Fitness Room includes a complete weight room with cable and hand weights, medicine balls, exercise balls, exercise bands, stretching mats, treadmills, recumbent bicycles, and elliptical training machines! Call 509-338-3290 for an appointment.

Fitness Room Rules & Etiquette

- All persons in the weight room must be at least 15 years old.
- Athletic clothing must be worn (no denim).
- Please wear clean and appropriate athletic shoes.
- No food or gum is allowed in the fitness room.
- Please wipe down all equipment after use.
- Please limit time on cardio machines to 30 min. Sign up on a clipboard if you are waiting to use a machine.
- Please place the weights in their proper rack when finished with each set.
- Clips must be used on all bars.
- We permit children age 2.5 and younger to accompany their caregiver when properly contained (carseat, stroller, etc).